Greetings to you, our viewers, on my channel — Liubov Zavalniuk. My name is Liubov. Today we have Igor Mekhede as our guest.

Today is February 9th, Monday, and the week begins with the number nine, which speaks of the completion of certain cycles. The video you are watching is a recording we made on Monday, February 9th — during the daytime, simply because in the evening Mr. Ihor has no electricity.

Mr. Igor, today our week begins with the completion of certain cycles, certain programs. It starts with the number nine. What does this tell us? Especially since at the end of this week we are already preparing for an eclipse.

The number nine. According to the numerology of all spiritual teachings that exist on Earth, this is a feminine number, the number of the Great Mother.

In all ancient civilizations there were two sacred numbers. The first is 13 — the number of the sky, the masculine principle, the gods. 13. Why? Because it is the Sun plus the 12 zodiac signs through which it travels. That is clear.

And nine is the number of the Great Mother, Mother Earth, that force which gives birth to everything. That is why, for example, human pregnancy lasts nine months — and the same is true for many other living beings.

That is why in all sacred places, places of power where maternal energy is present, everything comes in nines: the nine Dnieper rapids, the nine rock formations in the Budkiv Canyon, and so on.

If you place two mirrors opposite each other and look into them, in that mirror corridor you will clearly see exactly nine reflections — and then everything after that becomes foggy.

And in physics, mathematics, sacred geometry, astrophysics — there are a great many cosmic rhythms that are either nine or nine multiplied by any other number.

So nine is the maternal, the motherly manifestation, the full cycle — from the inception of something in the subtle worlds to its birth in the manifest world.

And therefore nine signifies the completion of a cycle — and at the same time the beginning of a new one.

On this day, feminine, motherly forces manifest themselves. As those who follow the Vedic teachings of India would say — this is Shakti. Pure Shakti.

Mr. Ihor, right now we are going through such a difficult period. Honestly — I'll say it as it is.
We are tired, depressed. It feels like this winter will never end. Today I looked at the weather forecast — there is no warming at all until March. And indeed, this is the hardest winter we've had in recent years.

It is physically hard for us, morally hard, emotionally hard. We are being shelled intensely. The power grid is down. Many people are now closing their businesses. Today I was walking down the street and noticed that shops on our street are starting to close — the vegetable shop closed, the bakery closed, and on the neighboring street even the bakery closed too. There are certain supply problems.

For us, February is a trial by cold, by hunger, and by emotional exhaustion.

Why is this happening and how is it connected to what is happening in the sky? What should we be paying attention to right now?

Well, the thing is — this February is one of the harshest in recent decades. There haven't been such strong winters for a long time. Everyone says: "Global warming, global warming." Now I would like to ask those experts quite a few questions — whether, to put it mildly, they are mistaken.

From this winter we can see that no such global warming is actually happening. In Earth's climate there are simply periods. One period is warmer, another is colder. Warmer — colder. And they simply replace one another. In reality, nothing dramatic is happening to the planet. No global warming.

People say that humans and animals produce a lot of gases, and these gases change the atmosphere and create a greenhouse effect. Well — nothing of the sort.

The fact is that a single volcanic eruption releases into the atmosphere more methane than all of humanity, together with animals and all our industry, produces in total.

Nature knows what it is doing.

Everyone is shouting: "Catastrophe!"
The African continent will split into two parts. Yes, it is already visible — large cracks have appeared. It will split. But what happened first? First there was lush vegetation. Then the vegetation disappeared and deserts appeared in the place where the rift is now. And these deserts are spreading, spreading, spreading.

And by the way, they lie below sea level. When the continent finally splits, those deserts will become the bottom of a new large sea.

In other words, nature has intelligence, it has some kind of plan, it plans something, it does something. But unlike us, its plans span thousands — if not millions — of years.

In one human lifetime we may not even see many changes in nature, but nature follows its own rhythms.

And right now, in February, we are in exactly that rhythm.

If we turn to mystical teachings, there is a very interesting thing that few people know about.

Imagine an initiation. People come to a teacher, they want to receive a lot of knowledge and try to apply it in practice. That is — laying down knowledge, laying down energy, establishing connections with other, parallel worlds, with higher worlds. A person is being "loaded".

And precisely at the moment when such loading takes place, where does the energy enter the person from? From the space. From the space in which the person is located.

What does that mean? The space loses energy. And climatically — that is cold.

If you have ever spoken with molfars (Carpathian shamans), or with Indian yogis living in the Himalayas, or with shamans, or with lamas — or, for example, with shamans in Peru in the Andes mountains (where altitudes reach almost 6,000 meters) — all mountain peoples say the same thing:

When you want to receive initiation and speak with the gods, you must climb up, find a cave, and sit in that cave without any fire. You sit there, you survive, you pass the test of cold. And it is then that knowledge is given to you. After that you descend — now you have knowledge and power.

So it is considered that when the temperature drops very sharply, it means someone is receiving initiation.

And I think that our entire people is receiving initiation.

Mr. Ihor… Mr. Ihor… including thanks to the strength of spirit and sacred spirituality…

Mr. Ihor, sorry — can you repeat that? The internet is acting up.

Yes, one can say that our entire people is receiving initiation.

Why? Because we have set ourselves the goal to survive, to gain spiritual strength, and to become different — better than we are now.

And this initiation that we have requested, that we are forming within ourselves, can make it so that we pass through the initiation of cold — that is, survive in the cold and receive additional spiritual strength.

When, on the contrary, initiation is not needed, but rather practices are needed — only practices, for example only meditations, prayers, appeals to higher forces, rituals that activate Shakti, the elements, and so on — then, when practices happen without initiation, the space receives more energy than it needs and begins to warm up.

I once witnessed this: there was a very strong frost. It was the year 2011. People performed a large practice. First a strong wind started, then fog appeared, and then the temperature rose to +14 °C. They themselves did not expect such a reaction from the climate. And then the next day everything cooled down again.

So you see: initiation is always accompanied by a drop in temperature, while practices are accompanied by a rise in temperature.

Indeed, right now everyone is in survival mode. People write to me, reach out — including my students — saying they need to survive. What can I advise them? How to survive?

The thing is — you must not give in to panic.

We remember that when people were rescued on boats after the Titanic sank and were brought onto the Carpathia, it turned out that several people were dead — not from drowning, but because they were so terrified that the ocean would swallow them. Fear killed them.

The same happens in the desert. Everyone who got lost in the desert — if they started to be afraid, fear killed them. But those who, under any circumstances, maintained inner balance — they survived the ocean, survived the desert.

The French doctor Alain Bombard took an ordinary rubber boat — the kind fishermen use on lakes — and crossed the Atlantic on it. He ate the fish he caught from the ocean and drank a little seawater. He survived. And afterward he said: “If you are not afraid of the ocean, the ocean will help you survive.”

So if we stop panicking or being afraid of something, our psyche will find a way out. It will say: do this, try that, over there you can hide from the cold, here you can do this, there you can do that… And solutions start appearing that help you survive.

But for that you need spiritual strength — that is, inner calm. Not reacting to panic and external circumstances.

You understand — when a problem begins, most people start running around and shouting: “This is the end of the world. It’s over. We’re all going to die.” Panic begins.

And the enemy deliberately inflames panic through the media — because the more panic there is in Ukraine, the better it is for him.

People tell me: “We heard this there, heard that there, turned on the internet, turned on the TV channel, went to friends, friends started telling us stories — and now we’re afraid, how will we survive? It’s a complete disaster.” And they start absorbing all this panic and letting it guide them.

That is the path to self-destruction.

We must not be guided by all these external waves that people constantly emit. We must find strength inside ourselves — because God is inside us, the spirit is inside us, and life is not somewhere beyond the horizon — it is inside each of us.

And if we understand this and treat the life inside ourselves with respect, and realize that we are life itself — then we must support that life. And that life inside us will begin to support itself.

For that we need strength of spirit and not to be guided by any external circumstances.

That is why people who studied in my spiritual school long ago, people who once came for consultations, now write to me asking what to do. They say they’ve heard everywhere that it’s the end of the world, that they should jump down a well. I tell them: “Under no circumstances. Under no circumstances.”

And others write: “But you taught us in lectures not to give in, that the strength is inside us.” And they say: “As soon as I started thinking that the strength is inside me — this got solved, that got solved, and I felt better.”

Others ask: “When you gave those lectures, how did you make it easier for us?” I will repeat once again how I did it and how we should do it.

A healthy psyche is nourished by our own spirit, which in the Vedas is called Atman. Atman is the manifestation of the supreme universal divine spirit, which is called Brahman.

That is the source that nourishes a healthy psyche and makes it healthy.

We rely on Adi-Brahman, on Atman — and that is the source of any strength, first of all spiritual and mental strength, and then this strength passes to the physical body so that it can endure the load.

The source has always been there — in Brahman. Our generation simply forgot it. And now we have to remind ourselves of these elementary things: in order to survive — connection with Brahman.

Connection with Brahman is helped by meditation, yoga — finding that source within yourself.

Actually, you don’t even have to “find” it — because it has always been with us.

I look at some Vedic traditions now and just smile. They say: “No, God is only Shiva. Everyone else — no.” Others say: “No, God is only Krishna.” “No, God is only Vishnu.” And others: “You are all wrong — only Mother Nature, Goddess Kali.” And so on.

By the way, this is not accepted in Vedic traditions, including Indian ones.

The fact is that all of this is manifestations of Adi-Brahman. Krishna, Vishnu, Shiva, Kali, all gods and goddesses, all impersonal manifestations, all miraculous things that happen — it is all Brahman together. And people too — because we humans are also embodiments of Brahman. It is all one Brahman.

And He has not gone anywhere. He is. Someone just told our mind that He does not exist. In reality Brahman exists and is connected with us.

If we realize this connection — not that it will happen — it already exists — it will simply intensify.

And the best method for this is the 129th hymn of the Rigveda — a very interesting one, I have quoted it several times. It describes the Absolute as the ancient initiates saw It.

There was no day, no night, no light, no darkness, no life, no death, no finite things, no infinity, no time, no eternity. There was only something unknowable, One.

“Those who live in the highest heaven — do they know It? No — even they do not know.”

Then Shankaracharya, the theologian of Hinduism, turned the 129th hymn of the Rigveda into a meditation called Neti-neti — “Not this, not that, not this.”

In order to go even deeper into Brahman, you must discard all pairs of opposites.

Darkness disappeared. What remains? Light. Light also disappeared. What remains? Something incomprehensible remains, but it is felt, though we do not see it.

Finite things disappeared — infinity remains, and infinity disappears too.

Time disappeared — eternity remains, and eternity disappears.

And so we discard all pairs of opposites until nothing is left. Then we can see what is hidden behind the opposites.

It will appear as golden radiance. That is what is called Brahman — enormous golden light, like millions of suns, only brighter, and more than infinite. This radiance goes beyond even infinity.

And as soon as we see this golden light, it begins to pass inside us, activates strength in a person, adds power, transforms us so that we become strong, wise, and so on.

This penetration of golden light is exactly what turns a human being into something greater.

As Sathya Sai Baba said: the nature of humans and the divine nature are close to each other, but not identical.

When we begin to perceive this golden radiance, we start transforming human nature into divine nature. And this is possible — even in this lifetime.

And by the way, all Vedic traditions, all their rituals, are aimed precisely at constantly supplying people with this power of the Absolute, this power of Brahman — through prasadam, puja, mantra recitation, meditation on yantras, visiting energetically powerful places, inviting higher forces… Every practice that exists strengthens this, takes that golden radiance of Brahman and gives it to the person.

The more practice — the more we receive.

And in turn, this golden radiance makes us healthy, strong, intelligent. A person who receives a lot of this energy can achieve far more than a human could before.

Mr. Ihor, on the 19th we will have a meeting with your subscribers — a seminar where you will talk about various divine structures and about spirits, about the forces that people work with. Will you go into this topic in more detail and more deeply?

Yes — because all of this is what some religions call archangels, in Vedic traditions they are called demigods, in Buddhism they are called devas, you see?

There are also gandharvas in Vedic teachings — angels of a kind. And there are spirits — daevas — that control certain natural processes: thunder, lightning, rain, etc.

All these spiritual beings — by the way, there are 11 types of them. They are nothing other than energies of the Supreme.

If a person can become Purna-avatar (a complete incarnation of all higher energies), then they are Apurna-avatar — incarnations of separate energies of the Supreme. But still, they are all activated from the same highest source as a human being.

The Absolute created them, the Absolute gave them a task — for example, a spirit that controls thunderstorms. That is a project, an autonomous spiritual circuit whose task is to organize thunderstorm rains in Earth's atmosphere. It fulfills what it was created for.

But in order to invite him, first you must have contact with the Supreme. Second — to invite him and come to an agreement so that he does some work (for example, rain during a drought), he must respect you. Since he sees the presence of the Supreme in you, he helps you. If he does not see it — he will not help.

And by the way — Bhakti Yoga is a very interesting thing. Elements of it exist in the religions of the Near East, in Sufism, and even in Kabbalah. King Solomon, when he wrote his six volumes of magic — summoning angels and spirits (what European magic mostly works with — the Solomonic tradition) — none of Solomon's followers read the most important thing written on the first page of the first book: that without love for God it is impossible to master and practice this wisdom.

In other words — without Bhakti Yoga most magical systems are dead.

When there is Bhakti — a relationship of love between a person and the Supreme — the Supreme begins to be present in the person. And it is this presence to which spirits automatically submit — sometimes even for various spells and so on.

That is why Bhakti is very important. Everything that the Vedic tradition gives is important — because without these contacts and connections with the Absolute, no esoteric discipline can be mastered.

Mr. Ihor, please tell us — a solar eclipse is approaching. Which aspects of human life will it affect? How can it manifest for us and how is it beneficial to spend this day?

An eclipse is always a transformation.

I always explain it this way: our life on Earth depends on the Sun. Everything depends on the Sun.

The Sun gives rays that warm the Earth. When the Earth is warm, plants begin to grow. Water evaporates from lakes, rises from seas, rises to the sky, and then returns to us as rain.

Solar radiation — especially coronal mass ejections — has its own magnetic field, which in turn interacts with Earth's magnetic field. As a result, currents are formed that flow under the ground and influence all

underground processes — from the formation of groundwater streams and rivers to the movement of tectonic plates.

In other words, all life, so to speak, is controlled by the Sun.

The Sun is the source of energy for physical life — not only human, but also animals, plants, and even stones. If we imagine that minerals also have consciousness, even the mineral world is controlled.

This is such a river of energy.

By the way, sunlight also illuminates the Moon, and the Moon receives solar rays and reflects them to Earth at a different angle. So moonlight is the same solar rays, only at a different angle.

The Moon also receives rays from the stars and reflects them to Earth. And so all living things constantly receive energy.

During an eclipse, when the Moon covers the Sun, this entire flow of energy stops.

You can observe it yourself — scientists have recorded it many times: all of nature falls asleep, birds stop singing, animals hide — everything enters a kind of small death, because all living things feel that the source of energy has disappeared.

Everything freezes. And after the eclipse ends, the flow of energy returns to Earth and resumes.

It is as if we blocked a stream with a dam: first everything below the dam dries up and disappears completely, then the dam breaks and the stream flows again.

That is — the energy drops almost to zero. And after the eclipse this energy rises again, almost twice as strong, then gradually decreases and returns to normal.

But this is a huge energy swing.

And this swing is not only spiritual, but also physical: currents in electrical networks can show anomalous values, magnetic fields become active, and people feel bad — especially those with weak hearts, etc.

That is why during eclipses there can be catastrophic phenomena. Everyone is in a state of heightened attention — if something happens, to react immediately.

So it is a transformation.

And for people? Each of us has something like karma. All our good deeds, bad deeds, all our dreams, information about how our ancestors lived, what we dream of, what we build — all of this mental picture is, as it is believed, in the upper layers — in the ionosphere, where Earth’s atmosphere already intersects with space — as an energetic matrix.

Solar rays — especially the spiritual energies of the Sun — pass through this matrix and project what is written there onto the surface of the Earth, like a movie projector.

And at the moment of the eclipse this projector turns off. Therefore there is an opportunity to change the picture — and many masters around the world do exactly that.

It is a very simple ritual.

In fact, on a solar eclipse you need two glasses of water and a round mirror (or a small mirror). The mirror lies with the reflective side facing upward — toward the sky. It symbolizes the Sun, the Moon, the solar system, the horizon, and the cosmos. That is what the mirror symbolizes.

Also, if any destructive or dangerous energies arise, the mirror reflects them back into empty space, back to where they came from.

Then, 19 minutes before the beginning of the eclipse, we must remove all problems: illnesses went away, disappeared. Everything that interferes with our path disappeared. Everything that prevents the realization of our goal disappeared. Everything we need to get rid of — let it dissolve into space, just as sugar or salt dissolves in water.

At the peak of the eclipse we turn to higher forces — the simplest is to chant “Om”.

And then — for the next 19 minutes — the opposite: I am healthy / I am healthy, I am strong, beautiful, everything works out for me. New knowledge has come to me, all roads are open to me. The Universe helps me. This has been resolved, that has been resolved, this will be resolved, that is being resolved…

We form a positive affirmation for 19 minutes.

After that we drink the water — first the one on the left, then the one on the right.

This is the simplest eclipse ritual — and it is effective. It exists in many traditions, not only Vedic. For millennia people have performed it at every solar eclipse — and it brings results.

Whatever people wished for — improved health, good luck — after some time it really appears and lasts for a long period.

The maximum result comes on the 40th day after the eclipse ritual.

So we can direct these forces — the destructive forces of the eclipse. The forces of an eclipse can be compared to a storm at sea: the waves can smash a ship against rocks or pull it underwater — or they can push it forward so that it quickly reaches its destination.

That is how we transform the dangerous manifestations of an eclipse into something positive.

If we do not do this, an eclipse can be compared to an energetic storm — just like a storm at sea. Then it is unknown where our ship will be thrown.

But if we want it to be thrown exactly where we need, we can perform eclipse rituals.

I usually do a large cycle of rituals for eclipses — besides the one I just told you about. Many different rituals. The main task is to connect people with the highest manifestation of the Absolute — which, as you know, an eclipse cannot affect, because it is the primal source.

And to direct the destructive forces toward positive transformation.

This is something Ukrainians must do — because we need to make our lives stronger and turn things in a good direction ourselves. No one will do it for us.

An eclipse is an opportunity to do exactly that.

So I recommend doing it.

And I will answer questions about the meeting after the eclipse as well. Since we will meet after the eclipse, we will correct any moments if the eclipse affected someone negatively — we will restore the positive and strong energy.

Moreover, after the eclipse there will be another big event — a great planetary alignment on February 28, and then on March 3 we will also have a lunar eclipse.

A lunar eclipse — while a solar eclipse affects spiritual power and events of the Universe in general — a lunar eclipse affects only the material plane: money, personal relationships, health — nothing more. That is, everything material and everything that can exist in our life.

Therefore it is important to perform rituals during a lunar eclipse as well — so that the eclipse does not destroy the property status a person has achieved, so that they preserve the opportunity to have enough for their family.

Mr. Ihor, thank you very much.

Dear viewers, in the video description you can find information about the magical office where registration is taking place. There is an online option to participate, and there is also offline — so you can meet Mr. Ihor in person.

The meeting place is in Kyiv, not far from Pochaina metro station. A very nice hall, very bright, very pleasant, warm — and we are always happy to see everyone.

We also attached the information in the pinned comment — you can see it there as well.

Registration is ongoing.

Mr. Ihor, thank you very much for this broadcast. Thank you very much for the opportunity to talk with you. Thank you for your wise advice and guidance.

Dear viewers, thank you for being with us. You are the best audience. Remember that.

See you next week, Mr. Ihor.

Thank you, Ms. Liuba. Thank you to our viewers. See you soon.